

# This Swing

Count: 64

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK)

Music: This Swing - Glenn Rogers



## WALK AROUND FULL TURN LEFT

- 1-2-3-4 Turn ¼ left stepping forward on right, hold, turn ¼ left stepping forward on left, hold  
5-6-7-8 Turn ¼ left stepping forward on right, hold, turn ¼ left stepping forward on left, hold (finish facing 12:00)

## FORWARD LOCK STEP, HOLD, STEP, PIVOT ½ TURN RIGHT, STEP, HOLD

- 1-2-3-4 Step forward on right, lock step left behind right, step forward on right, hold  
5-6-7-8 Step forward on left, pivot ½ turn right, step forward on left, hold

## SKATE FORWARD X 3, HOLD, CROSS MAMBO WITH ¼ TURN LEFT, HOLD

- 1-2-3-4 Skate forward on right, left, right, hold  
5-6-7-8 Cross rock on left over right, recover on to right, turn ¼ left stepping forward on left, hold

## STEP PIVOT ¼ TURN LEFT & CROSS, HOLD, WEAWE LEFT, KICK RIGHT

- 1-2-3-4 Step forward on right, pivot ¼ turn left, cross step right over left, hold  
5-6-7-8 Step left to left side, cross step right behind left, step left to left side, kick right to right diagonal

## TOE STRUT RIGHT, CLICK, CROSS TOE STRUT, CLICK, RIGHT SIDE MAMBO, HOLD

- 1-2 Toe strut on right to right side, swing arms across the body to right side & click fingers  
3-4 Cross toe strut on left across right, swing arms to the left & click fingers  
5-6-7-8 Rock out on right to right side, recover on to left, step right in next to left, hold

## LEFT SIDE MAMBO, HOLD, CROSS TOE STRUT, CLICK, TOE STRUT ¼ TURN RIGHT, CLICK,

- 1-2-3-4 Rock out on left to left side, recover on to right, step left in next to right, hold  
5-6 Cross toe strut on right across left, swing arms across to right side & click fingers  
7-8 Turn ¼ left toe strutting forward on left, swing arms forward & click fingers

## STEP, PIVOT ½ TURN LEFT, STEP, HOLD, LEFT COASTER STEP, HOLD

- 1-2-3-4 Step forward on right, pivot ½ turn left, step forward on right, hold  
5-6-7-8 Step back on left, step right next to left, step forward on left, hold

## STEP RIGHT DIAGONAL, HEEL SWIVEL, STEP, KICK, BACK, TOGETHER

- 1-2 Step forward on right to right diagonal, step left next to right  
3-4 Come up on to the balls of the feet & swivel the heels left, bring heels back to center  
5-8 Step forward on left, kick right forward, step back on right, step left next to right (3:00)

## REPEAT

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